



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children live in a smoke-free environment, have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

December 5, 2017 10:00am - 11:30am Columbus Public Health, 119C

Attendance

Organization	Member
AHA	Lory Swinland
Children's Hunger Alliance (CHA)	Michelle Hoffman
Columbus Rec + Park	Julie Pruett
CPH – Healthy Children Healthy Weights	Claudette Bailey
CPH – Healthy Children Healthy Weights	Hannah Bills
CPH – CDC PHAP, Chronic Disease Prevention	Lyana Delgado
CPH – Healthy Children Healthy Weights	Alyssa Dorsey
CPH – Healthy Children Healthy Weights	Sakiko Minagawa
CPH – Creating Healthy Communities	Dana Dorsey
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Growing Healthy Kids Columbus	Ali Segna
CPH – Franklin County WIC	Dawn Sweet
Columbus Urban League Head Start	Joyce Grimes
Central State University (CSU)	Renita Porter
Franklin County Family and Children First Council (FCFCFC)	Carol Taylor
Franklin County Public Health (FCPH)	Olabisi Eddy
Franklin County Public Health (FCPH)	Ashton Grigley
Moms2Be	Lydia Burney

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children's Hospital
Mark Haynes, Children's Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Nationwide Children's Hospital – Center for Healthy Weight and Nutrition	Megan Rose
OSU – Extension	Carol Smathers
OSU – Extension Franklin County	Jenny Lobb
YMCA Afterschool	Stephanie Cedeño
YMCA – Head Start	Jess Lambie
OSU - Champion Intergenerational Center	Elizabeth Speidel + Intern

10:00am – 10:20am Breads and Spreads Potluck

All

10:10am – 10:20am End of Year Survey

All

Attendees were given a hard copy of the end of year survey to fill out at the meeting.

10:20am – 10:50am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali/CPH	Healthy Gatherings Challenge: added crockpots as a new incentive, Nalgene bottles, water vat, and rings of fun. End of Year Surveys are ready and to be completed by January 5 th . It will also be sent via a survey monkey. Changelab solutions chose GHKC, will be drafting some discussion questions for the Steering Committee meeting. Next meeting isn't until the end of January in 119E. DIY potlucks are located on the site.
Hannah/CPH/HCHW	Results from OHP pilot, new online trainings, Claudette delivered 8 webinars in about a month. There was participation for pre-post surveys for evaluation of the modules through PDA Inc. Still going over the modules to finalize feedback for the modules, also utilized the feedback from an evidence-based review, Dr. Liz Klein. Train the Trainer will be done in Feb to show the trainers how to distribute the trainings online.
Claudette/CPH	Conducted a lot of webinars, and collecting feedback to edit the webinars.
Elise/PHAP/CPH	Safe Routes to School, website for parents to request free helmets for kids that don't have them. Helmet signs came in and will be placed next to schools by the bike racks.
Stephanie/YMCA/Central Ohio	Received a grant to start delivering food programs on the weekends. The kids range (2-18 yr.).
Jess/YMCA-Head start	New staff trainings, brain and nutrition. Trained all staff and partner sites, even had parent meetings to conduct the trainings. Updating policies and procedures to the head start manual.
Joyce/CUC-Head start	Programming with OSU supper program and Local Matters. Submitted a youth garden grant through Kids Gardening.org for a

	location with space and availability to reinstate garden. 3 rd site has 5 stars, all sites now 5 stars.
Dawn/WIC	Has an advisory council (MCH, Healthy Start) that meets every 4 months, looking to merge council with GHKC since the groups are all doing similar work. State WIC still working on bringing a web system, delayed until January. Should help clients with ease of accessibility. Adding yogurts (32 oz., not Greek, with sugar limits) and whole grain pastas to WIC approved list. Farmers market stats: in target to provide \$80,000. Ali and Dana presented for WIC, huge meeting for Healthy Celebrations, implementing Water First for Thirst policy in all WIC sites (affects 15 locations), all sites received a Healthy Gathering toolkit and bag. Presentation and policy were very well received for all sites.
Dana/CPH/CHC	Creating Healthy Communities was a part of the WIC presentation. Katie Stone had a healthy baby boy on Friday. Double Fresh going on at IGA, flyers provided and can be sent electronically.
Meghan/Nationwide	Obesity Care Center has been going strategic planning initiatives, have Bariatric Celebration (patients enroute or have had Bariatric Surgery) in December. Looking at ways to make handouts more readily available for providers (placed in crates), to increase use during Well-Visits. Prevention theme for this month: Healthy Holidays (should include DIY potlucks)
Ashton/Franklin County Public Health	Ohio Days/My Plate my State, Canal Winchester will be a part of this program next year, just put an application for Farm to School Grant.
Olabisi/Franklin County Public Health	Update, 2 nd day on the job.
Alyssa/CPH/HCHW	Ali and Alyssa presented in part for NACCHO, will be presenting at the Ohio Public Health Nursing Association Conference on December 14th.
Renita/Central State University-Ext.	Potluck next week, will try the DIY potluck and will take pics.
Lory/AHA	Tobacco 21 passed in Dublin, worked with Cincinnati which is a big deal. Working with Franklin County with healthy vending. Complete streets healthy vending grant was received, healthy taste testing, show the employees healthy options, looking for a part coordinator. Working with Cheryl and Brandon from CPH.
Michelle/Children's Hunger Alliance	Will be working with 110 providers to complete the program, new dietician will be at OHP TtT tomorrow. Eat, play, grow (2.5-5yrs), working on it until next year. Wellness Committee, put up a wellness wall, spotlight each month (i.e. Healthy Fats), and people at the office are learning. Having issues with brining junk food during the holidays, things that aren't healthy to be placed in a cabinet instead of having it out at the fore front of the kitchen.
Carol/Family and Children First Council (FCFC)	Conference (Building Better Lives Conference) next week, gets to hire another person (6 coaches working in school systems now). Need to reach out for water vats from CPH. Completed a yogurt bar meeting at CPH.
Elizabeth/ Champion Intergenerational Center (OSU)	Food for long life grant, impact on programming and food security.
Jenny/ OSU Ext.	Literacy and Eating Activity Training (Pre-K-3 rd grade), teaching

	this in ECE centers soon.
Carol/ OSU Ext.	Ohio Farm to School, providing schools with clean equipment to slice fruits (next year), Apple waste study has been conducted, Franklin County serving at least 1 meal a month that is locally sourced.
Lydia/Moms2Be	Opened 8 sites, long term goal is to go beyond Columbus, staying at 8 sites currently. Have had several alums attend newest site, lots of new moms and old moms in the program. Only 1 dietician for all of the sites, eventual goal is to hire a part time dietician, no funding for students. Need more people, limited funding. Medical reserve corps potential. Needed health educator to go out to sites, stretched internally as an organization. Set up a “store” during the holidays so mom can go shopping for their kids.
Lyana/PHAP/CPH	Worked/presented Target Marketing on Food/Beverage on Minority Youth to Minority Health Advisory meeting and Health Equity.
Sakiko/CPH Intern	Last Day!

10:50am – 11:00am Breaking News

Lyana Delgado

TV Watching and Childhood Obesity

- AAP now recommends no more than 1 hr. of TV/day
- Spending more than an hour in front of the TV was linked with greater risk of being overweight or obese
- Kindergarten children who watched television for more than one hour a day were 52% more likely to be overweight than their schoolmates who watched less TV
- <http://www.latimes.com/science/la-sci-sn-one-hour-tv-watching-overweight-obese-20150426-story.html>

Trump Administration Announces Rule Rolling Back Progress on School Nutrition

- Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements
- <https://cspinet.org/news/trump-administration-announces-rule-rolling-back-progress-school-nutrition-20171129>

Examining the Link between Parents’ Work Hours and Childhood Obesity

- <http://news.gsu.edu/2017/11/27/link-parents-work-hours-childhood-obesity/>

Study: More than half of U.S. children could be obese by age 35

- <http://www.local8now.com/content/news/study-more-than-half-of-US-children-could-be-obese-by-age-35.html>

Hidden Valley ranch keg, ranch fountain now available for the holidays

- The mini keg is 9.7 inches high and 6.3 inches in diameter and holds up to five liters of ranch. It includes a year supply of Hidden Valley ranch and costs \$50. You have to pre-order it with shipping on Dec. 1.
- <http://www.wxyz.com/news/hidden-valley-ranch-keg-ranch-fountain-now-available-for-the-holidays>

11:00am – 11:05am Activity Break – Human Bingo

All

11:05am – 11:30am Follow-up to Navigating the Beverage Aisle

Lyana Delgado

Ali Segna

Water Filters:

- Established over 4,000 years ago
 - Hippocrates → cloth to remove contaminants
 - 1975 Safe Drinking Water Act → EPA
- Variety of Types
 - Point of Use → Pitcher, personal water bottles, under the sink, etc.
 - Whole-House → water softeners, chlorine filters, etc.
- Aesthetic vs. Hazardous

Necessity of Water Filters:

- 90% of US public water systems meets EPA standards and regulations
 - Private wells/springs not regulated
- Water may pick up contaminants through pipes
 - Water reports

Water Filters vs. Bottled Water:

Filtered Tap Water:

- Water filters not regulated
 - NSF International
 - EPA regulates 80+ contaminants in tap
- Cost up front ↑
- Variety
- Environmentally friendly
- Variety: don't filter same contaminants
- Overall: environmentally friendly, with the exception of the filter cartridges that are currently not recyclable and can lead to landfill waste
- Variety: mostly taste and source (spring water, well water)

Bottled Water:

- Bottled water not regulated
 - NSF International
 - FDA Standards
 - Cryptosporidium
- Cost up front ↓
- Variety
- Environmentally devastating
- Billions of water bottles are tossed each year (take about 1,000 years to degrade, when burned release a toxic substance), 1 out of every 5 sent to recycle bin
- https://thewaterproject.org/bottled-water/bottled_water_wasteful

Carbonated Water:

- Carbonation can occur naturally or is added
 - CO₂, carbonic acid
- Most common types
 - Club Soda
 - Sparkling (Seltzer) Water
 - Sparkling Mineral Water
- Classified under soft drink
 - Not regulated
- Club soda=sodium
- Sparkling water= just carbonation
- Mineral water= minerals typically naturally occurring

Carbonated Water and Health:

- Carbonation makes water acidic
 - Weakens tooth enamel
- Potential linkages to:
 - Weight gain
 - Calcium depletion in bones

- Stomach discomfort
- Overall, better alternative to SSBs
- Acid over time erodes the tooth enamel
- Study conducted in Europe, found rats that drank fizzy drinks had higher levels of a hunger hormone.
- Weight gain is a result of a lack of satiation satisfaction coming from a part of the brain, increasing the need to eat

Tap Water – The Best Deal Around:

- “According to the Beverage Marketing Corporation (BMC), the average wholesale price per gallon of domestic non-sparkling bottled water was \$1.11 in 2016. The [bottled water] industry grossed a total of \$11.8 billion on those 9.7 billion gallons in 2012, making bottled water about \$1.22/gallon nationwide and 300x the cost of a gallon of tap water. If we take into account the fact that almost 2/3 of all bottled water sales are single 16.9oz bottles, though, this cost is much, much higher: about \$7.50 per gallon, according to the American Water Works Association. That’s almost 2,000x the cost of a gallon of tap water and twice the cost of a gallon of regular gasoline. “
- American Water Works Association showed that tap water costs only \$0.004 a gallon, less than 1/300 the cost of bottled water.
- Source:
http://www.slate.com/blogs/business_insider/2013/07/12/cost_of_bottled_water_vs_tap_water_the_difference_will_shock_you.html

In Columbus:

- 2005: “Perfect score”
- 2008 – 2014: No violations in water quality
- “Tap water isn’t safe (or doesn’t taste good).”
 - In 2005, Reader’s Digest gave Columbus’ drinking water a perfect score in their rating of the cleanest (and dirtiest) big cities in America.
 - From 2008-2014, The City of Columbus Department of Public Utilities Consumer Confidence Report indicated no violations in water quality testing. Only one minor violation in both 2015 and 2016 for nitrate levels.
 - Bottled water is commonly tap water from other municipalities. Those sources may not be as clean as our local water. Transportation and packaging adds even more environmental pollution that further threatens the quality of water in our community.

We discussed the importance of reading the ingredients label, specifically when it comes to flavored and carbonated waters.

Examples:

- Flavored Dasani Water – contain a long list of ingredients, including artificial sweeteners
- Propel Water - contain a long list of ingredients, including artificial sweeteners
- New Hint Flavored Water – ingredients: purified water and natural flavors from non-GMO plants. Contains no artificial sweeteners or other ingredients
- La Croix – Ingredients: Carbonated water and natural flavor
- Passion Tea from Starbucks – ingredients: hibiscus flowers, natural tropical flavors, citric acid, licorice root, orange peel, cinnamon, rose hips, lemongrass, fruit juice extract (color)

Next Meeting: January 30, 2018, 10:00am-11:30am Columbus Public Health, **119E**.

Next Steps: Complete End of Year Survey!!!